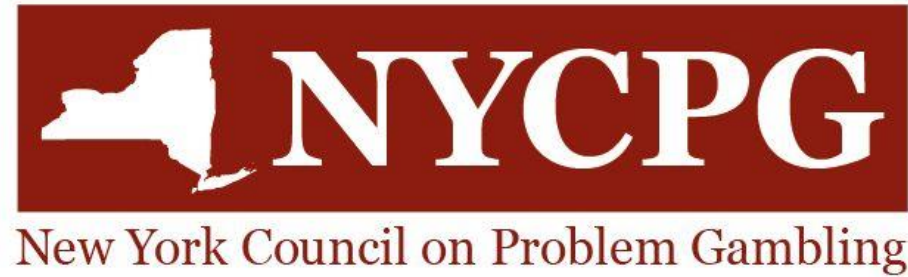




# Gambling:

---

What's the Problem?



The New York Council on Problem Gambling is a not-for-profit independent corporation dedicated **to increasing public awareness** about problem and compulsive gambling and **advocating for support services and treatment** for persons adversely affected by gambling.

***The Council maintains a neutral stance on gambling.***

**PROBLEM GAMBLING**

**NEW YORK STATE**

**RESOURCE CENTERS**

— *Here to Help* —

*A program of the New York Council on Problem Gambling*

***NYProblemGamblingHELP.org | (716) 833-4274***



[NYProblemGamblingHELP.org](https://www.nyproblemgamblinghelp.org) | (716) 833-4274



[NYProblemGamblingHELP.org](https://NYProblemGamblingHELP.org) | (716) 833-4274

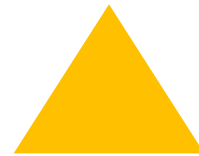
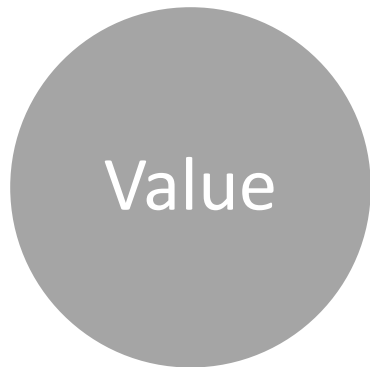
# What is “gambling”?

**RISK**

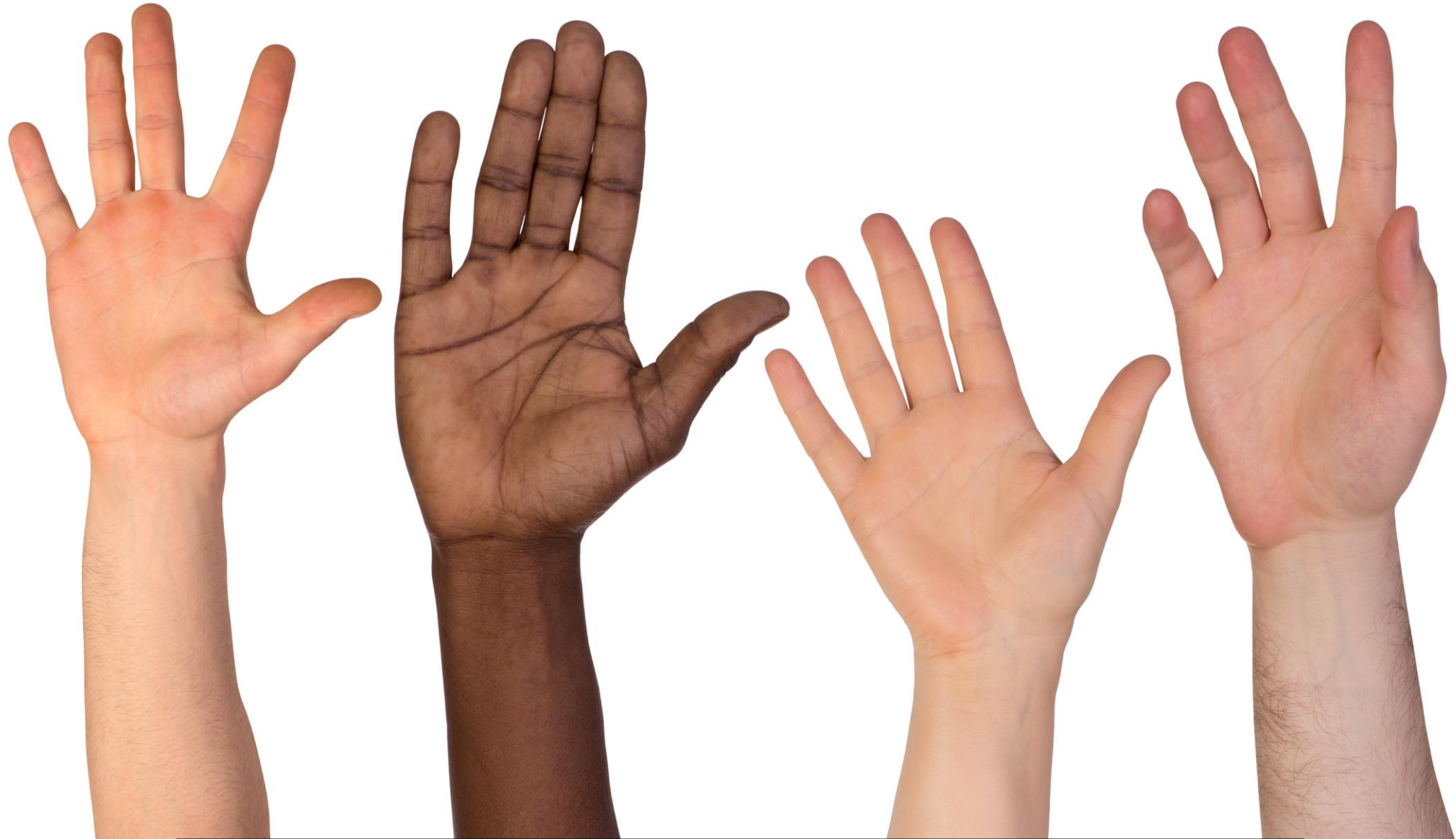
**VALUE**

**CHANCE**

**REWARD**





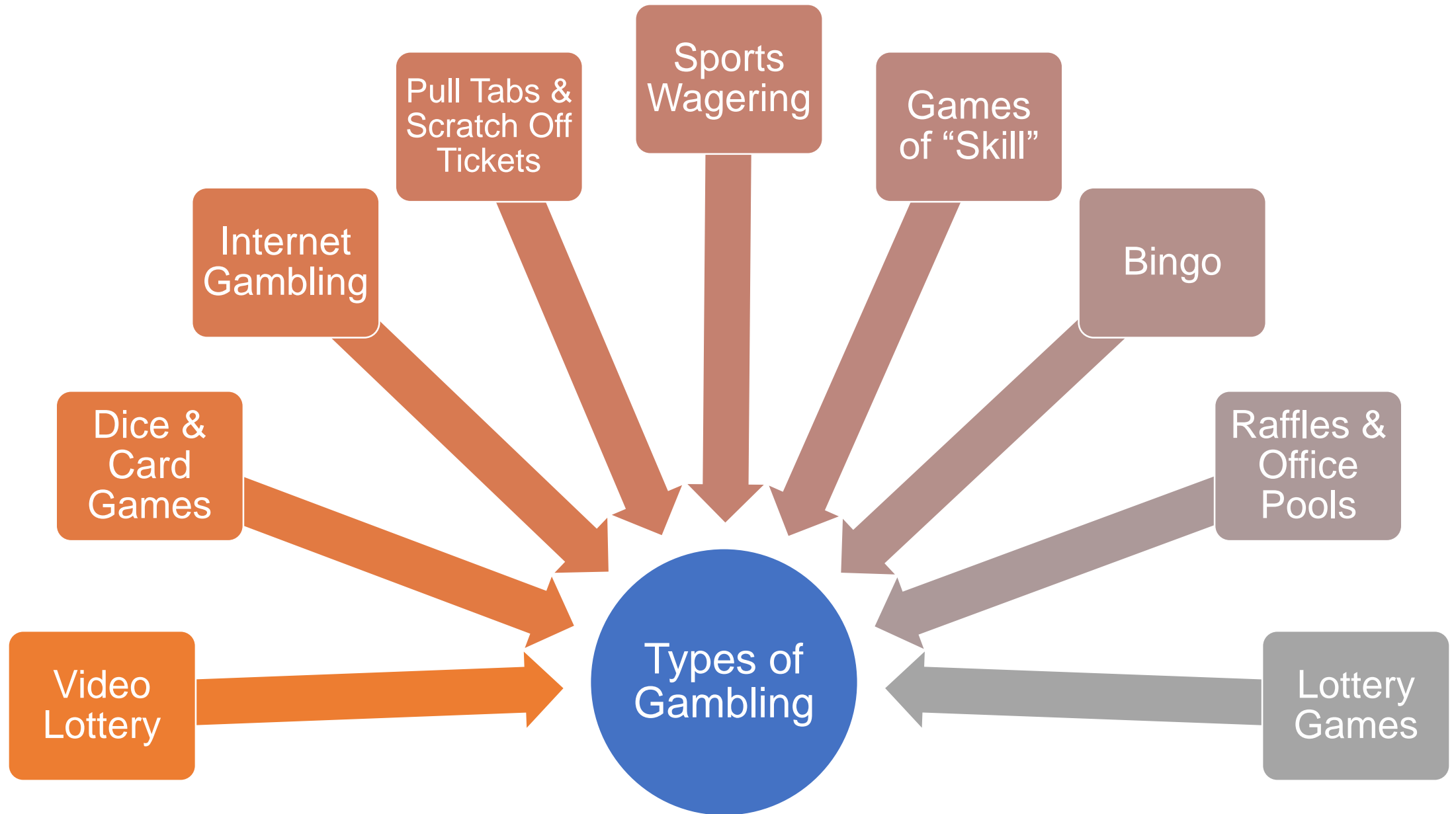


**[NYProblemGamblingHELP.org](https://www.nyproblemgamblinghelp.org) | (716) 833-4274**



# Types of Gambling

---



# Emerging Gambling Options



- In-game gambling (i.e. loot boxes, casinos).
- Blurred line between playing for fun and risking something of value for a chance to get better stuff.
- Casino games are starting to replicate the look and feel of the video game experience.
- E-Sports



- Opportunities to play slots, card games, etc. online instead of going to casino
- Most people who gamble online participate in other forms of gambling – the more ways someone gambles, the more likely they are to develop a problem.



- Legal sports betting is quickly increasing.
- Mobile Sports Betting is now legal in NYS
- Even people who don't normally gamble participate in things like basketball tournament brackets or football championship squares.





## CHECK LIST

- ☒ \_\_\_\_\_
- ☒ \_\_\_\_\_
- ☒ \_\_\_\_\_
- ☒ \_\_\_\_\_
- ☒ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

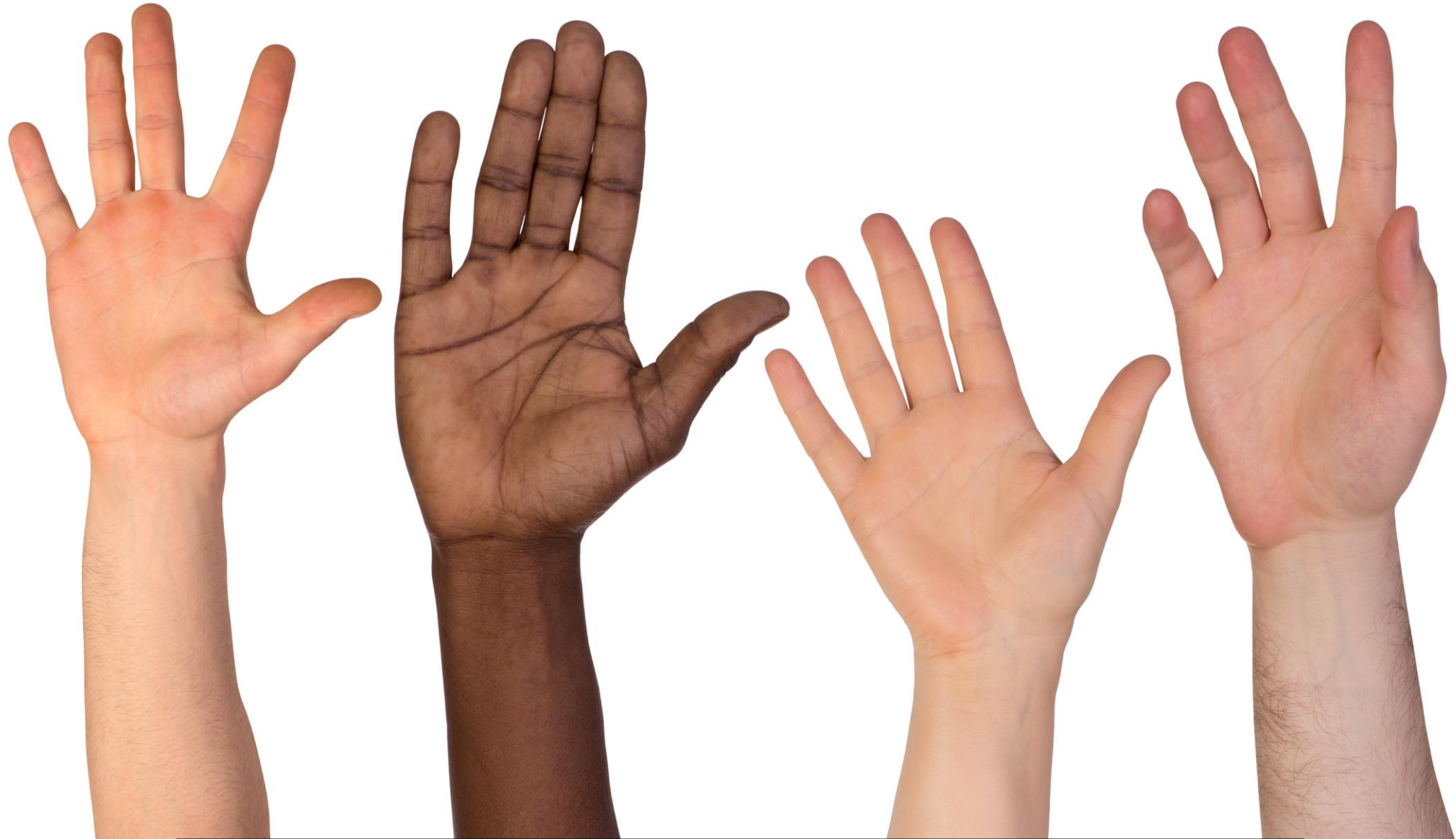
**Did you  
consider  
ALL of  
these  
gambling?**



**Where does gambling  
happen in your community?**

**[NYProblemGamblingHELP.org](https://www.nyproblemgamblinghelp.org) | (716) 833-4274**





**[NYProblemGamblingHELP.org](https://www.nyproblemgamblinghelp.org) | (716) 833-4274**





Approximately **85%** of U.S. adults have gambled at least once in their lives.

Approximately **60%** have gambled in the past year.

# Spectrum of Gambling Behaviors



Non-  
Gambling

At-Risk  
Gambling

Problem  
Gambling

Gambling  
Disorder

## Social/Recreational Gambling

## Problem/Disordered Gambling

Gambling for entertainment

NEED to gamble  
Experiencing negative consequences  
due to gambling

Setting limits on time and money

Spending increasing amount of time  
gambling  
Using money that's needed for  
something else or borrowing money

Realistic expectations – hoping to win,  
expecting to lose

Irrational thinking – always expecting to  
win

Walking away from losses

“Chasing” losses – returns to “get even”



**2 million U.S. adults (1%)**  
are estimated to meet criteria for severe gambling problems each year.

**Another 4-6 million (2-3%)**  
would be considered to have mild or moderate gambling problems.  
*(They do not meet the full diagnostic criteria for gambling disorder but meet one or more of the criteria and are experiencing problems due to their gambling behavior.)*

*National Council on Problem Gambling*

***NYProblemGamblingHELP.org | (716) 833-4274***



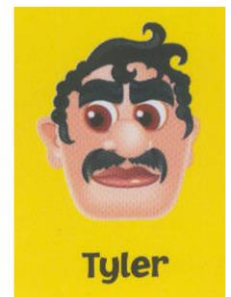
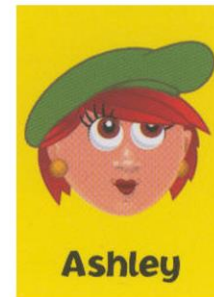
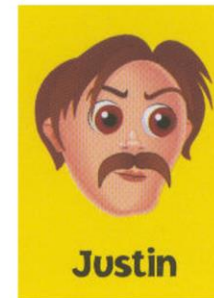
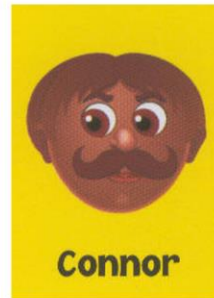
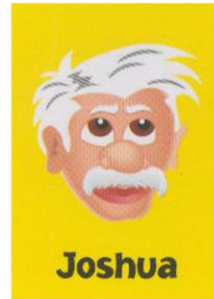
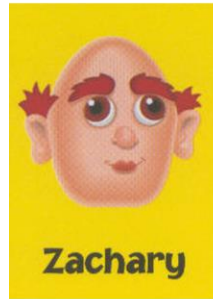
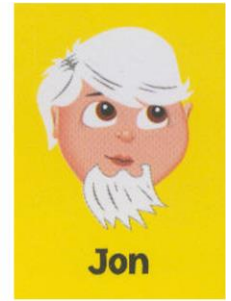
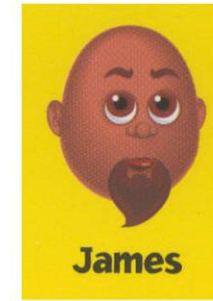
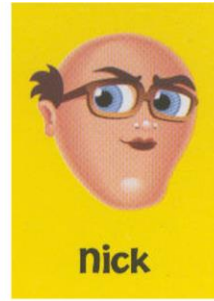
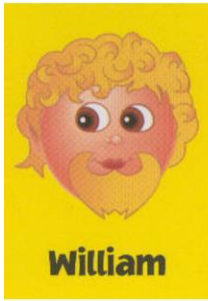


**One person** with a gambling problem affects **8-10** additional people.

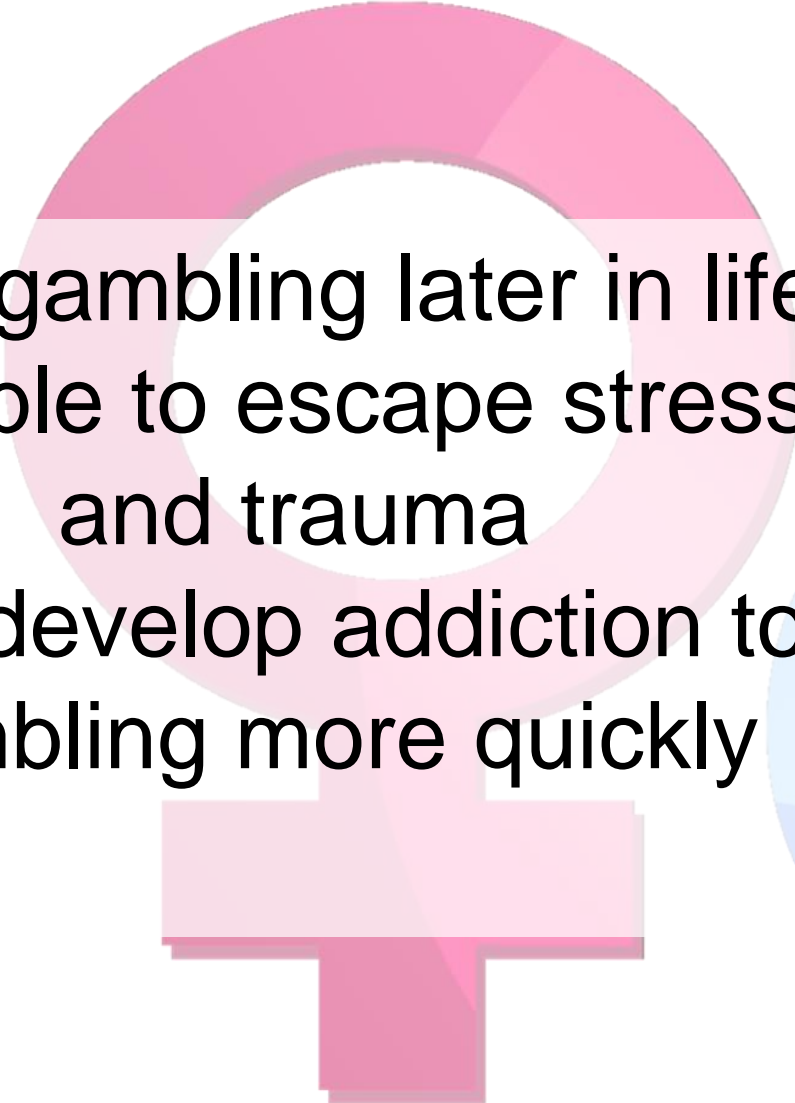


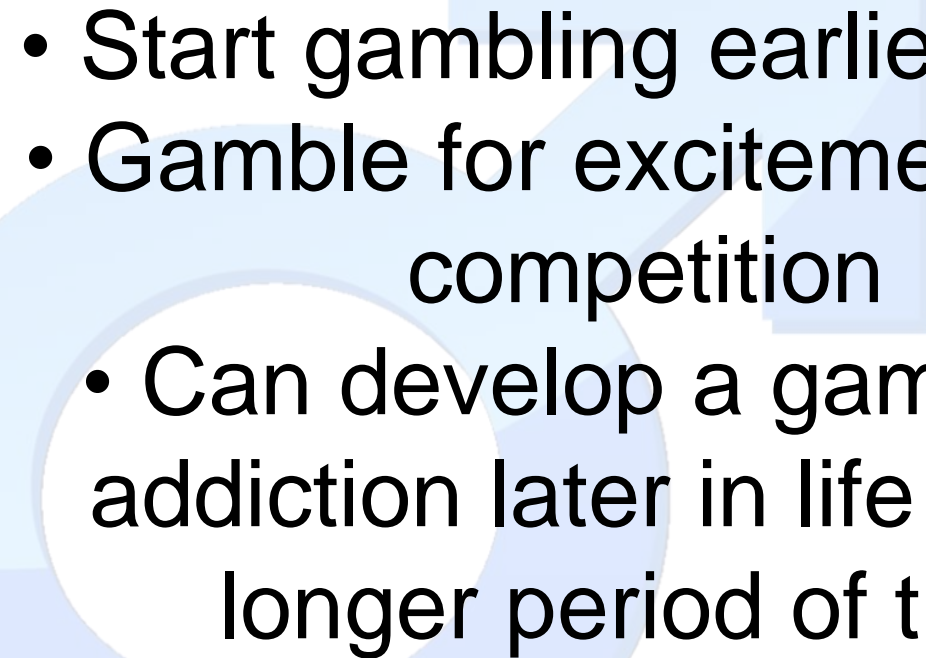


# Guess Who is at RISK?



# Female vs. Male

- 
- Start gambling later in life
  - Gamble to escape stress and trauma
  - Can develop addiction to gambling more quickly

- 
- Start gambling earlier in life
  - Gamble for excitement and competition
  - Can develop a gambling addiction later in life over a longer period of time



# Senior Citizens & Retirees

- Escape
- Loss & Grief
- Socialization
- Access to “disposable income”



# Veterans & Active Military

- Escape
- Thrill/Risk
- Transitioning to Civilian Life
- Accessibility on base





# Kids & Young People

- Brain Development
  - Risk-Taking
- Susceptibility to Peer Influence
- Desire for low-effort, high-excitement activities
- Greater sensitivity to novel stimuli

# College Students

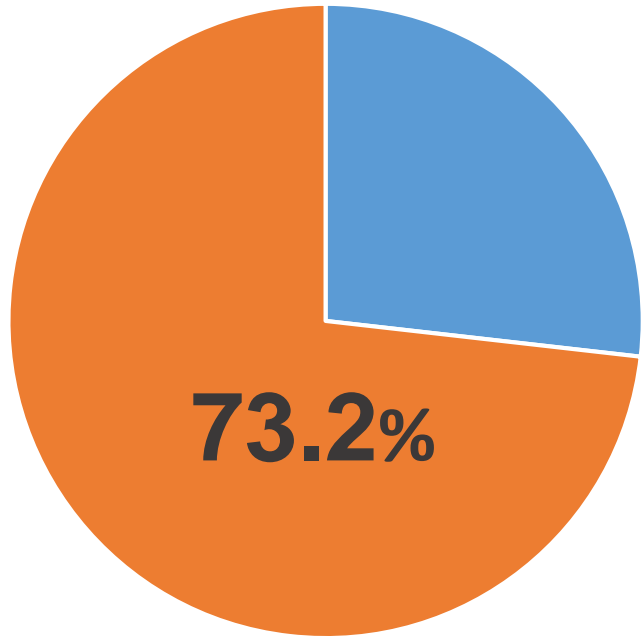
- Transitioning to college life
- Psychological difficulties
- Unmanageable debt
- Failing grades

# **Problem Gambling, Addiction & Mental Health**

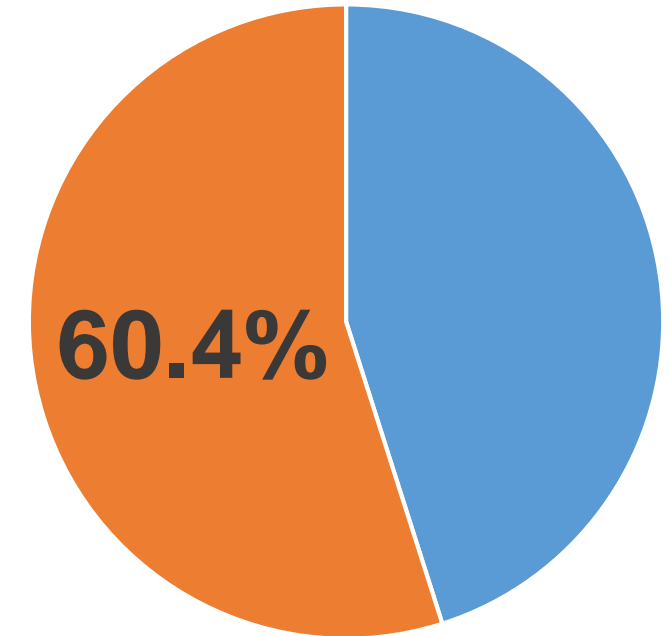
---

# Co-Occurrence w/ Substance Use Disorder

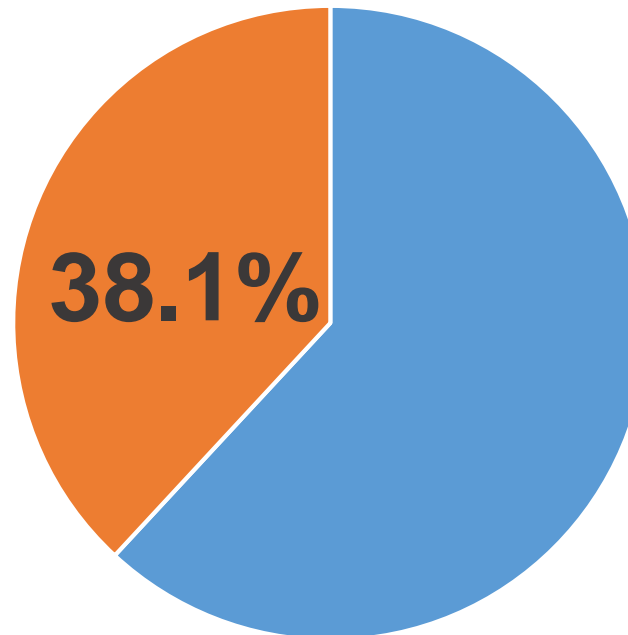
Alcohol Use Disorder



Nicotine Dependence



Drug Use Disorder



# Comorbidity

A Venn diagram with two overlapping circles. The left circle is orange and represents the overlap between gambling disorder and mood disorders. The right circle is blue and represents the overlap between gambling disorder and personality disorders. The intersection of the two circles is shaded grey and represents individuals with both a gambling disorder and another mental health problem, but not gambling.

**49.62%**

of those with  
gambling disorder  
have a

**MOOD DISORDER.**

**95%**

of those with  
GD have been  
treated for their  
other mental  
health problem  
but NOT  
gambling.

**60.82%**

of those with  
gambling disorder  
have a

**PERSONALITY  
DISORDER**



# COVID-19 & Problem Gambling

## Ontario Study

Online gambling is associated with higher risk (more money being wagered) and particularly impacted 18 – 24.

### *Significant predictive factors included:*

- Negative impact of COVID-19 on household income
  - High levels of anxiety and depression
- Gambling under the influence of alcohol or cannabis
- Being motivated to gamble because it helps when feeling nervous or depressed
  - Wanting to win back money lost to gambling (chasing losses)
  - Wanting to earn extra income

# Problem Gambling & Suicide



1 in 5 people with a gambling problem  
has **attempted or died by suicide**

# What city has the *highest* suicide rate in the country?



# Workplace Safety

---

# Do people gamble at work?

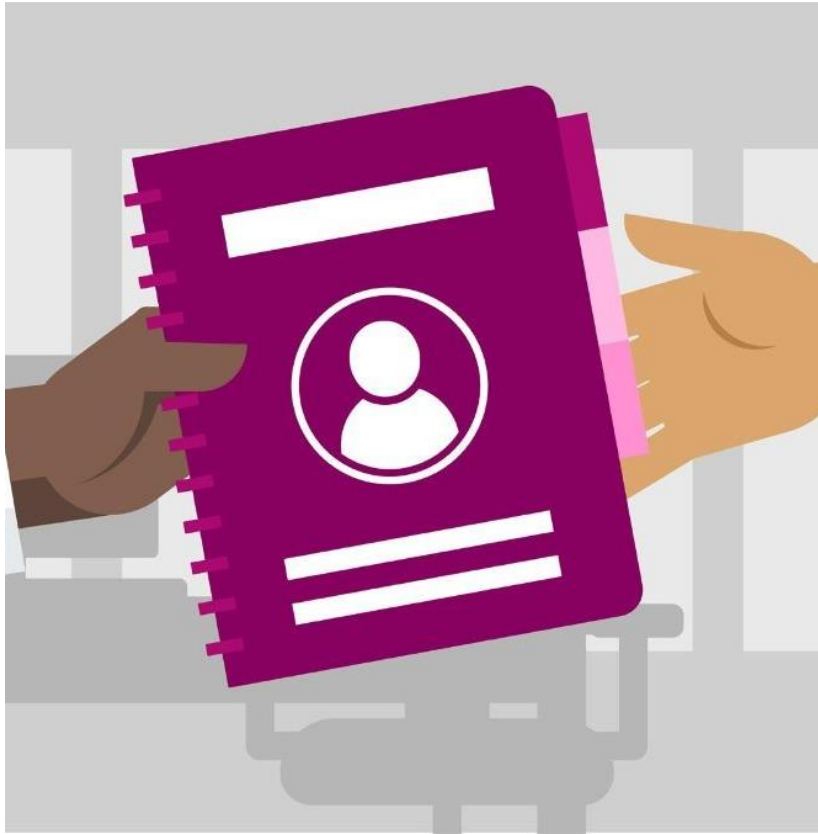


- Raffles
- Pools
- Sporting Event Brackets
- Etc.

Although activities are social and generally innocent, it can be risky behavior for anyone, especially people susceptible to gambling problems; already having problems with gambling; or in recovery or has a loved one in recovery



# Problem Gambling and Safety in the Workplace



Create a Policy Statement

Provide Awareness & Training

Problem Gambling & Mental Health Screening

Make Financial Counseling Available

Monitor Money Stream





**PROBLEM GAMBLING**

**NEW YORK STATE**

**RESOURCE CENTERS**

*— Here to Help —*

**GOALS:**

**Raise awareness**  
of problem  
gambling  
throughout the  
region.

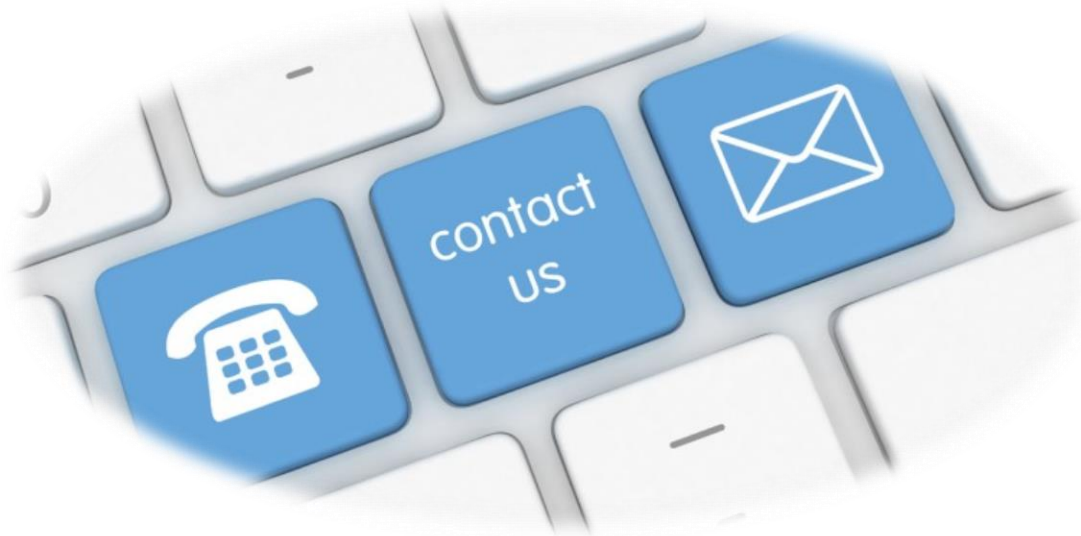
**Connect**  
individuals and  
families adversely  
affected by  
gambling to the  
help they need.

# Learn, Inform & Share About Problem Gambling!



- Training
- Presentations
- Key informant interview
- Information dissemination
- Social media:  
[Facebook.com/westernPGRC](https://www.facebook.com/westernPGRC)

# We're here to help anyone being impacted by problem gambling!



- Person struggling w/ gambling or their loved ones
- Get connected to and schedule an initial meeting with a local mental health professional
- Uninsured or underinsured? PGRC will help cover the cost of counseling when cost is a barrier
- Meeting clients where they are – provide information; connect to GA/Gam-Anon or other recovery groups; share local contacts for other services (i.e. finance, legal, housing, etc.)

*Are you or someone you know a licensed mental health counselor in private practice? We're always looking to diversify our clinical network! Ask us how you can start receiving client referrals and help those impacted by problem gambling.*

# March is Problem Gambling Awareness Month



## Goals of PGAM:

- Increase public awareness of problem gambling and the availability of prevention, treatment & recovery services.
- To encourage everyone to screen clients for problem gambling.

## ***#PGAM #AwarenessPlusAction***

Follow & share on Facebook @WesternPGRC | Forward content to distribution lists | Publish articles  
Connect us to healthcare partners for Gambling Disorder Screening Day | Host a training



**Here  
To  
Help**

**Thank you for learning with us!**

Jeffrey Wierzbicki, Western PGRC  
jwierzbicki@nyproblemgambling.org  
(716) 572-5017

Angela DiRosa, Western PGRC  
adirosa@nyproblemgambling.org  
(716) 572-5380

**WESTERN Problem Gambling Resource Center**  
**NYProblemGamblingHelp.org**  
**(716) 833-4274**

*\*Looking for the online evaluation in your inbox!*